Winter BOW January 31, - February 2, 2014 Medicine Flower Lodge Red Lodge, Montana



Sponsored by:



January 31 - February 2, 2014

Medicine Flower Lodge, Red Lodge, Montana

Sponsored by: Montana Fish, Wildlife & Parks

Becoming an Outdoors-Woman (BOW) is a program designed for women who are 18 years of age or older who want to learn or improve their outdoor skills.

This workshop is for you if......
you are interested in becoming more active in the outdoors
you are looking for new outdoor experiences
you are looking for the camaraderie of like-minded individuals



2014 WINTER BOW WORKSHOP SCHEDULE

FRIDAY, January 31

3:00 pm – 6:00 pm Registration and Check In

6:00 pm - 7:00 pm Dinner

7:00 pm Ice Fishing Gear Set-Up Class

(for those registered for ice fish class)

7:00 pm Optional Evening Program

for those **not** in ice fishing class)

SATURDAY, February 1

7:30 pm Evening Program

SUNDAY, February 2

7:30 am - 8:30 am Breakfast 8:30 – Noon Session 3

Noon – 1:00 pm Lunch and group departs

Winter BOW

Winter is a special time to enjoy the outdoors. We have scheduled this workshop with your safety and comfort in mind. The Winter BOW classes spend time outdoors so dressing properly is a must! A list of recommended clothing will be sent to participants.

Winter BOW Workshop Descriptions

Snowshoeing

For centuries, people have been traveling over the snow using snowshoes. Discover this ancient mode of travel for yourself. See different types of snowshoes and their benefits. Learn to travel up and down hill and across a side hill while exploring the winter landscape. Bring your own snowshoes or borrow a pair from us. Ski poles are recommended.





Cross-Country Skiing (Nordic Skiing)

A flat meadow with groomed trails makes the Nordic Center in Red Lodge a great location to learning cross-country skiing. Instructors from the Beartooth Recreational Trails Association will lead you in a progression of basic skiing skills, which makes learning fun and worthwhile. This class is for someone who has never cross-country skied before, who has never had formal instruction, or who wants to brush up on basic or intermediate skills. Participants will be divided into groups based on your skill level. Everyone will spend the last part of the class practicing your new skills on one of the many ski trails at the Nordic Center. Bring your own light ski touring equipment, rent equipment at your local ski shop and bring with you, or reserve equipment for \$12 on this registration form with the Sylvan Peak ski shop in Red Lodge. * Extra class fee of \$5 payable at the workshop.

Wildlife In Winter

Enjoy the beauty of the winter landscape as we discover how wild-life survive our Montana winters. This class will cover the different strategies that animals use to survive in different habitats. Winter birding, animal tracks and sign, and winter ecology of wildlife will be discussed. We'll go outside to look for birds, tracks, sign and other evidence of wildlife. No special outdoor skills are needed to take this class, but bring your snow boots or snowshoes and we'll adapt what we do to the local snow conditions.

Winter Survival

Could you survive outdoors in the winter? The cold and snow can quickly magnify accidents and poor decisions into life-threatening situations. We'll discuss the necessary skills for surviving a night outdoors. Learn how to ward off frostbite and hypothermia, build a shelter, start a survival fire, and choose proper clothing for winter recreation. Know the vital safety gear you should carry and how to signal for help. This is an action packed class so dress in your warmest outdoor gear and get ready to learn how to survive in the winter!

Ice Fishing

Looking for a great winter activity the whole family can enjoy? Try ice fishing! You'll learn about tip ups and other ice fishing equipment, ice safety, knot tying, fish identification, and fishing ethics and regulations. You must attend the Friday night indoor class to set up your gear before traveling to Cooney Reservoir where you'll fish for walleye, trout, ling and perch. Bring your own ice fishing gear or it will be provided for you. Extra class fee of \$5 payable at the workshop.





Registration

All successful applicants will receive a confirmation letter with list of classes and directions to the Medicine Flower Lodge near Red Lodge.

Cancellation Deadline

Cancellation deadline is January 10, 2014; if you cancel before January 10 a \$40 processing fee will be deducted from your refund. Registrants cancelling after January 10 will be assessed the full registration fee. Sorry, due to contract obligations there are no exceptions to cancellation policy.

Medicine Flower Lodge

Located north of Red Lodge, the Medicine Flower Lodge (MFL) is a group of houses on 12 acres bordering Rock Creek. MFL has a classroom, dining hall, fireplaces, shared sleeping space, and a hot tub. Shower-bath facilities are located in each house. No smoking is permitted in the buildings. No pets or firearms are permitted at the workshop.

Lodging at Medicine Flower Lodge will be filled on a first come basis. Participants can also reserve a room at one of these hotels. Ask for the BOW Workshop block of rooms to get the discounted rate.

Lupine Inn Beartooth Hideaway Inn

702 South Hauser, Red Lodge 1223 South Broadway, Red Lodge

406-446-1321 406-446-2288 \$74 plus tax \$49 plus tax

Fishing Licenses

The BOW workshop has been granted an exemption so that participants in the Ice Fishing session are not required to possess a fishing license during the workshop.

Special Needs

If you have a disability, medical condition or restrictive diet requirements, please indicate them with your registration. We will attempt to accommodate your needs.

Car Pool

If you are interested in car-pooling then check the box on the registration form. We will generate a contact list and send it to those who request it so you can make your own car-pool arrangements.

Winter BOW Workshop Registration Form

Red Lodge - January 31 - February 2, 2014

To register complete and send enrollment fee and form to: FWP – BOW
Attn: Liz Lodman
PO Box 200701
Helena, MT 59620
1101011a, 1VII 37020
Name:
Address:
Day Phone: Evening:
City/State/Zip:
Email :
Workshop Fee includes 3 classes and meals from Friday dinner to Sunday lunch. \$240 - Staying at Medicine Flower Lodge \$170 - Not staying at Medicine Flower Lodge,
I'll provide my own lodging.
\$12 – Reserve cross country ski gear rental
Yes, share my name for car-pooling
[] Check or money order enclosed. Make payable to FWP
[] Bill my credit card [] Visa [] Master Card
Name as it appears on credit card: Card # Expires:/ (month) (year)
Expires:/
(montn) (year)
Security Code

Equipment

Signature

You are welcome to bring your own gear for the cross-country skiing, ice fishing, or snow shoeing class. If you do not have ice fishing equipment or snowshoes they will be provided.

If you need cross-country skis, boots and poles, you can rent equipment at your local ski shop and bring with you, or reserve equipment on this

registration form with the Sylvan Peak Mountain Shop in Red Lodge. [] Yes, I need to rent cross country ski gear from Sylvan Peak Mountain [] Shape Additional for a f \$12 in the ladge in the property of the state of the st
Shop. Additional fee of \$12 included with my registration.
Shoe size
Height
Weight
Class Sessions:
Choose your top three choices by ranking 1-4 for the classes below.
Classes marked with an (*) have an extra class fee payable the day of the
workshop.
Cross Country Skiing *(\$5 for Beartooth Nordic Center)
Ice Fishing *(\$5 for fishing supplies)
Snowshoeing
Wildlife In Winter
Winter Survival
I fully understand and acknowledge that there are inherent risks and dangers participating in the BOW Winter Workshop and that my participation my result in injury, illness or death and damage to personal property. I understand other participants, accidents, acts of nature or other events may pose dangers that are uncontrollable, and I hereby accept these risks and dangers. I affirm that I am at least 18 years of age and that I am in good enough health to participate in the workshop. I have read and understand the above warnings and risks, and agree to voluntarily participate in this training workshop. I understand that photos or video may be taken for promotion of the BOW program.

Date